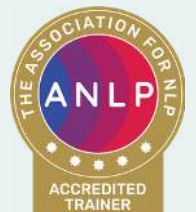




NLP DIPLOMA

Cornwall UK

with
Lizzi Larbalestier



Advanced Communication Skills

A professional ANLP certified development programme... and... the NLP Diploma course is ideal for individual personal development.



A range of tools, techniques and experiences will provide new options for navigating career and life transitions and for supporting personal and professional growth.

A "standalone programme" this course also forms the first module of our NLP Coach and Practitioner Courses, with potential to take your training much further.

Who is this NLP training for?

- Entrepreneurs + Business Leaders
- Professional Coaches + Mentors
- Body Workers + Therapists
- Health Practitioners, GPs + Counsellors
- Trainers, Educators + People Helpers
- Environmental Campaigners



*...Those whose role it is to enable others to deliver results...
and... those who wish to take their own communication to the
next level.*

Navigating Subjective Reality

During this module we will begin to discover and explore some structures that underpin our worldly interpretation.

We lift the lid on a treasure trove of NLP ideas and models and begin to gain greater fluidity in terms of the way we each relate to and interact with ourselves, others and the world around us.

Questioning conditioned thinking, conflicting perspectives and patterns of behaviour we adopt and embody a curious mind-state to find different frames of reference.

We start making connections between our beliefs and values and the way we are living our lives, acknowledging the intersections between thought and emotion - asking what is important and questioning what is true.

Introducing new tools and frameworks there is emphasis upon practicing using these techniques - applying them to your real life scenarios.



What will you learn?

- Intro to NLP / The system - perception and reality, process and content, finding new ways of experiencing the world
- Learning to learn - accelerated learning techniques C / UC
- Intro to Blue Space - environmental connection, accessing creative mind-states
- Filters and reticular activating system - how our brains create order
- NLP Attitudes / 4Rs for ethical pro-social communication
- Gestalt and model of the world - introduction to frames of reference
- Sensory Acuity and Rapport – really noticing and truly connecting

"Ideas are just as real as the neurons they inhabit"

Jason Silva

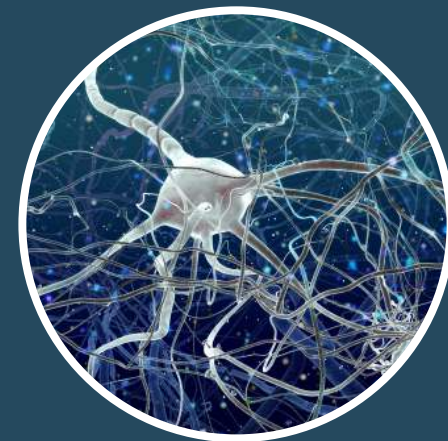


What will you learn?

- Representational Systems - eye accessing, predicates and submodalities - some of the key structures underpinning the way we navigate our experiences
- W, SW and NW review model - harnessing reflection and reflexivity
- Listening and deeply listening
- Logical Levels... Dilts model for organising our self expression
- Intro to smart questioning - the power of language
- States, triggers and anchors - managing emotions
- Values and goal setting - knowing and focusing on what truly matters

"Experience is a fleeting dance that happens in the space where thoughts, feelings and location intersect"

Lizzi Blue

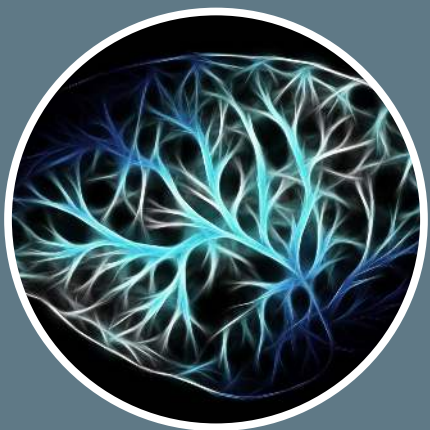


Discover and Explore

Neuro:

the brain/ our
senses

- How our attention levels can be developed to notice more free-information within every interaction we have
- Identifying and responding to a variety of sensory modalities that we each use to experience the world around us
- Becoming more accountable for, and having greater influence over our emotional stability and resilience
- Adapting language for more transparent communication and more useful questioning capability



Discover and Explore

Linguistic:
the way we
code our
experiences

- Connecting more deeply with others, considering a range of perspectives and the systemic implications of all change efforts
- Noticing and adapting personal habits and tendencies in line with their current relevance and benefit
- Aligning actions with clear intentions through the exploration of innate values



Embody and Practice

Programming:
our
conditioned
patterns of
thought and
behaviour

- Applying a number of NLP models which enable a deeper understanding of the structures underpinning interaction
- Becoming fully present in the moment, holding space for yourself and with others
- Using detachment activities to process complex and negatively emotive topics
- Working / living in line with the attitudinal presuppositions of NLP



Embody and Practice

NLP:

The Study of
the Structure
of Subjective
Experience

- Expressing a more authentic version of your identity through the behaviours you exhibit
- Aligning your actions with your own moral code and addressing criteria conflicts
- Connecting with the environment for shared guardianship of the planet
- Developing an even more questioning and reflective mind-state for continual learning

... Supported peer to peer coaching and feedback enable new habits for self and social communication



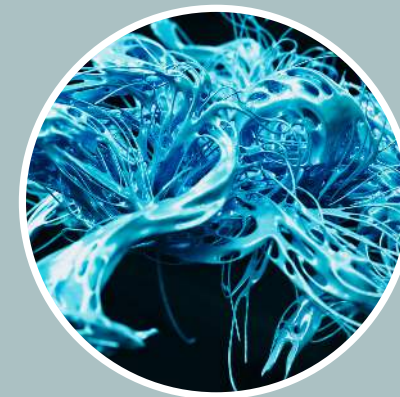
Confidently apply your skills

We'll have lots of fun on this programme - however... this is not a course for you if you simply want a certificate to add to your portfolio... arrive ready to fully show up, to be warmly challenged, to contribute and question deeply.

Going Coastal Blue courses stand out because your communication evolves as a result of attending... rather than you being able to say "I've done NLP".

Knowledge about something (including NLP) is the first step in having skill with it.

As your NLP Trainer I want you to deeply embody your new cognition.



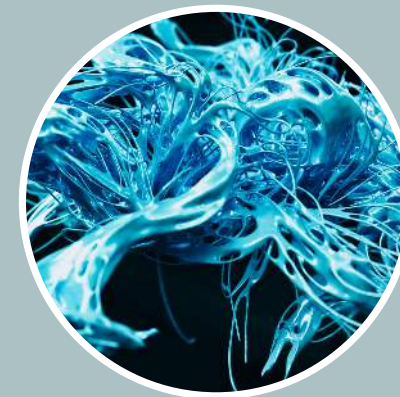
Confidently apply your skills

As ANLP Ambassador for Cornwall it is important to me that your NLP Training is informal yet high quality enabling you to confidently, credibly and ethically practice your skills.

It matters less how many books you have read on NLP, from zero to 100 everyone is invited to arrive and explore with a learner's mind.

Connection and ecology are fundamental to all Going Coastal Blue CPD Programmes and so this course will incorporate applied environmental psychology to facilitate your learning and encourage healthy systemic choices ongoing.

Are you ready to dive in?



More Info and Next Steps

Further NLP overviews are available on the website. During this short inquiry into some core elements of NLP you will

Discover **E**xplore **E**mbody **P**ractice

... ensuring you are ready to apply your NLP Skills confidently and competently within your field.

If you are ready to learn more - book your place on the next programme now.



How to book

Our Training location has access to the beach and Cornish coast path with plenty of break out space for you to create the perfect environment for practicing your new NLP skills.

Please use the website “contact” form to book your place or ask more questions. I look forward to welcoming you on an NLP course soon!

Successful completion of Going Coastal Blue ANLP Certified NLP Courses includes a one off 3 months associate membership of ANLP with access to a vast range of further NLP development resources.

www.goingcoastal.blue

